

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

5 July 2020

4th Sunday after Trinity

Welcome to the *Viral Bulletin* for the fourth Sunday after Trinity.
Please forward this to anyone you know who might not be in our Google group.
For links to information and worship during the coronavirus restrictions
please visit: www.northburychurches.org.uk



Genista Dunham

Rainbow Curtains

In this issue:

Fourth Sunday after Trinity: Marianne Atkinson

Details of our churches open for worship and private prayer

How worshipping will be different during the ongoing coronavirus precautions

Giving thanks for the 72nd anniversary of the National Health Service

Fourth Sunday after Trinity

Zechariah 9. 9 - 12 Romans 7. 15 - 25a Matthew 11. 16 - 19, 25 - 30

Are we wholeheartedly delighted at the new lifting of restrictions? Or are we somewhat anxious about learning the new rules? Is there some wistfulness in realising things may not be as they were, for a long time, or indeed ever? For most of us there is uncertainty. For some it can feel safer to criticise or complain, which seems to raise one's own self-esteem.

People have always done this, covered their uncertainty with adverse criticism. Today's Gospel shows it. When the ground-breaking news of God's Kingdom was brought, first by John the Baptist and then in a different way by Jesus, John was seen as an extraordinary eccentric (with 'a demon') and Jesus as too happy to enjoy time with the disreputable. Such opinions prevented willingness to change.

Our Lord knew about, and valued, children. He knew their traditional games, the wedding game of dancing with instruments and the funeral game of wailing and mourning. To play, you must join in with others; sometimes it's the unsophisticated who are more ready to do this. So the Gospel has Jesus thanking God for hiding the message from 'the wise and intelligent' but revealing it to 'infants'.

Children are now in the news for needing to return to school, to catch up with necessary learning. What they are meant to learn changes over time; there have always been different subjects and levels beyond basic literacy. In the Middle Ages, scholars progressed from the Trivium (Grammar, Rhetoric and Dialectic) to the Quadrivium (Music, Arithmetic, Geometry and Astronomy) and only after competence in these could study Theology. By the 18th and 19th centuries, schoolboys learned mainly Latin and Greek. (In the mid-20th century we still needed Latin 'O' Level to enter university.) Lately of course methods, means and content of teaching have changed fundamentally, but the openness to learning is essential always, for growth both mental and spiritual.

Our Lord's teaching was of his culture, but also against his culture, with a compelling freshness, though he quoted the old prophets. The Gospel-writers also used the Scriptures, giving insightful continuity. With our present-day upheavals and new opportunities, with various losses too, we are having to re-shape ourselves. God does not change, but the elements of our faith, our central rock, may look quite different. We are all God's children, and as such have to keep learning. This includes adapting, which can be painful, as well as discerning afresh what really matters to us all. Comfortingly, the Gospel holds words given to Jesus which derive from other writings: 'Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls'.

In this week's Collect, we pray that, with God as our ruler and guide, we may so pass through things temporal that we lose not our hold on things eternal.
Thanks be to God.

Marianne Atkinson

IT'S EVEN BETTER THAN HAVING THE PUBS OPEN !!!

Lark Valley and North Bury Churches ***SERVICES THIS WEEK***

Sunday 5th July

9.30am	Book of Common Prayer Communion at	Timworth
10.00am	Common Worship Communion at	West Stow
11.00am	Common Worship Eucharist at	St John's, Bury
6.00pm	Evening Prayer at	Fornham St Martin

Wednesday 8th July

6.00 pm	Common Worship Eucharist at	St John's, Bury
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OPEN FOR PRIVATE PRAYER

All Saints, Bury St Edmunds

2-4pm on Sundays and 4-6pm on Wednesdays

St John the Evangelist, Bury St Edmunds	12noon-4pm daily
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St Mary, West Stow

4-6pm on Sundays and 8.45-10.45am on Wednesdays

Fornham All Saints

2-4pm on Sundays and Wednesdays, entry via the Priest's door

St Andrew, Timworth	contact Alison Pettitt (01284 728379)
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St Lawrence, Lackford	contact Harry Lidster (01284 728876)
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Fornham St Martin	contact Beryl Dykes (01284 704109) or David Yates (01284 705157)
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St Mary, Culford, St Catherine, Flempton
and St George, Bury St Edmunds

remain closed at present - contact numbers are in the porch.



Attending worship in Lark Valley & North Bury Churches during ongoing coronavirus precautions: What might be different ...

Before you arrive:

- Social distancing limits the numbers who can attend a service, so you *may* be asked to book ahead by phone or email.
- Contact details of those attending the service will be kept for 3 weeks after the service and given to Track and Trace if someone from the service later tests positive for coronavirus. They won't be used for any other reason and if they are not needed for this purpose, they will be securely disposed of after three weeks.
- We ask you to consider your own risk of attending an indoor gathering. Whatever we do, we cannot make this risk-free. You might want to look at the NHS guidance on whether you are at higher risk of coronavirus and be guided by their advice:
<https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/>
- We ask you NOT to attend the service if you have:
 - A new cough
 - A temperature
 - Lost your sense of smell or taste.
- You may want to bring your own hand sanitiser, although it will be provided.
- You are welcome to wear a mask/face covering. Please remember that face coverings may protect others from your germs – they are not very good at protecting you from other people's germs. They are not a replacement for good social distancing, hand hygiene, and self-isolating if you have symptoms.

When you arrive:

- Please observe social distancing of 2 metres and use the sanitiser provided.
- Seating in church will be arranged for good social distancing, so please follow the directions you are given.
- Doors may be left open to allow some ventilation.

During the service:

- There will be no readings or notices sheets. (If you would like a paper order of service, please take one as you arrive. It can be returned at the end of the service for quarantining, but *only you* should handle it.)
- Due to risk of aerosol spread, there will be no singing during the service.
- We ask that when you are saying the responses that you speak quietly and prayerfully – again to reduce risk of droplet spread.
- When we share the peace, we cannot move from our places – we will simply wave or make a sign of peace to others.
- At communion, only bread will be distributed. Please observe 2 metres social distancing as you go forward and follow the directions given. You will receive standing and should use hand sanitiser before receiving communion. Please do not kneel at the altar rail.

At the end of the service:

- Please follow the directions given to maintain good social distancing as you leave. Please remember to stay 2 metres apart from other people.
- Please do not stop to chat while leaving the building. Please do not block other people's exit from the building.
- If you test positive for coronavirus up to three weeks after the service, please let us know.

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GIVING THANKS

The National Health Service came into being on 5 July 1948

During post-war reconstruction, improving the healthcare of the nation was seen as crucial to the nation's recovery. Beveridge, the architect of the NHS, identified "five giants" that had to be slain: want, disease, squalor, ignorance and idleness. The cataclysm of war provided the stimulus for radical reform. It was a momentous achievement and, in spite of early professional resistance to some of the proposals, it was born of a national consensus: everybody wanted the new service to work.

The NHS was based on principles unlike anything that had gone before. It was financed almost entirely from central taxation. That the rich paid more than the poor for comparable benefits was regarded as a crucial part of the scheme. Everyone was eligible for care, even people temporarily resident or visiting the country. People could be referred to any hospital, local or more distant. Care was free at the point of use, although prescription and dental charges were subsequently introduced.

During the current pandemic, there has been immense national and local support for the NHS and its front line workers. The emergence of the Thursday 'Clap for Carers' was a significant experience in the lockdown. Thanksgiving binds communities together, turning 'I' into 'we'. The contribution of carers and key workers who have given of themselves sacrificially needs to be honoured. Sharing stories of people and events during the crisis is likely to form the kernel of any community celebration. Unsung heroes need to be applauded.

*+Robert Exon
Chair of the Liturgical Commission*

For the NHS

God of healing and compassion,
we thank you for the establishment
of the National Health Service,
and for the dedication of all who work in it:
give skill, sympathy and resilience to all who care for the sick,
and your wisdom to those engaged in medical research.
Strengthen all in their vocation through your Spirit,
that through their work many
will be restored to health and strength;
through Jesus Christ our Lord.
Amen.

For carers and health professionals

Heavenly Father,
whose blessed Son came not to be served but to serve:
bless all who, following in his steps, give themselves to the service of others;
that with wisdom, patience, and courage,
they may minister in his name to the suffering and the needy;
for the love of him who laid down his life for us,
your Son our Saviour Jesus Christ,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever.
Amen.

Intercessions

Let us pray to God our Father, whose Son came that we may have life.

We give you thanks for the life and work
of all those whose vision founded our National Health Service,
and for those who serve others in care and compassion.
We pray that their work and ministry to the sick
may enrich and support the welfare of all.
Lord, hear us.

Lord, graciously hear us.

We give thanks for all who provide leadership in healthcare,
for those who exercise stewardship and allocate resources
and pray that, in challenging times,
support and compassion may be shown to those most in need.
Lord, hear us.

Lord, graciously hear us.

We pray for all who promote health and wellbeing in policy and practice;
for all who care for the sick, in hospital, in care homes, and at home;
for doctors, nurses, care assistants and cleaners.
We seek guidance and strength for all chaplains,
and for all engaged in teaching and medical research.
Lord, hear us.

Lord, graciously hear us.

We pray for those who suffer in body, mind, or spirit;
for those who are terminally ill, elderly or frail;
for all who live with a disability or in constant pain,
and for the many who strive to bring comfort and healing to them.
Lord, hear us.

Lord, graciously hear us.

Remember in your kingdom, O Lord,
all those who have faithfully served you here on earth and are now at rest;
grant us, with them, and with all the faithful departed, the joy of your salvation.
We commend ourselves, and all for whom we pray,
to the mercy and protection of God.

Merciful Father,
**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ. Amen.**

Mary Seacole and Florence Nightingale

The seven critical-care COVID Hospitals have been named after Florence Nightingale, and a post-COVID rehabilitation facility named after Mary Seacole, both prominent figures in nursing history and role models in the NHS.



Mary Seacole was a pioneering nurse and heroine of the Crimean War, who as a woman of mixed race is today celebrated as an inspiration for the many BAME people who sustain our NHS. Born Mary Jane Grant in Kingston, Jamaica in 1805 to a Scottish soldier and Jamaican mother, Mary learned her nursing skills from her mother who kept a boarding house for invalid soldiers. She was an inveterate traveller, and before her marriage to Edwin Seacole in 1836 visited other parts of the Caribbean, as well as Central America and Britain. On these trips, she complemented her knowledge of traditional medicine with European medical ideas.

In 1854 Mary approached the War Office, asking to be sent as an army nurse to the Crimea. She was refused, but undaunted, funded her own trip to the Crimea where she established the 'British Hotel' near Balaclava for sick and convalescent officers. She also visited the battlefield, sometimes under fire, to nurse the wounded, and became known as 'Mother Seacole'.

Florence Nightingale was born in 1820 into a wealthy family. In the face of their opposition, she insisted that she wished to train in nursing. In 1853, she finally achieved her wish and headed her own private nursing institute in London. Her efforts at improving conditions for the wounded during the Crimean War won her great acclaim and she devoted the rest of her life to reforming nursing care. Her school at St Thomas's Hospital became significant in helping to elevate nursing into a profession.

CELEBRATING THE NHS

Justin Welby, the Archbishop of Canterbury, has said:

“My sincere hope is that this weekend will serve as a powerful moment of remembrance, thanks and connection, as we come together and commit to helping to create kinder, closer, more connected communities.”

The Cathedral tower

will be lit in blue on Saturday 4 July.

CHURCH ZOOM GATHERING

As usual, everyone is welcome to join our Church Zoom gathering at 11am on Sunday 4 July. If you would like to join us, please ask Claire for the link by emailing clairerose1953@gmail.com

WANTED

Someone to keep our website up to date

******* TRAINING PROVIDED *******

Please contact: The Revd Matt Selman

01284 599356

curatematt@hotmail.com



DO YOU HAVE any photos of your church and people which you can submit as an email attachment?

Items for the VIRAL BULLETIN are very welcome and can include photographs and illustrations.

Please send them to Adrian Mann: adrian.mann@btinternet.com